



Christopher Harnish
508.965.3863
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EDUCATION

- M.S. Exercise Physiology University of South Carolina
1996-1999
- B.S. Cardiac Rehabilitation/Exercise Science Ithaca College
1992-1996

CERTIFICATIONS & QUALIFICATIONS

- ❖ NSCA Certified Strength and Conditioning Specialist, 2008.
- ❖ ACSM Health-Fitness Instructor, 1995.
- ❖ ACSM Health/Fitness Instructor, 1995.
- ❖ Certified Basic SCUBA & Dry Suit, 2002.
- ❖ Extensive operational and trouble shooting background with most common lab equipment including VO₂ analysis, YSI Accusport & Lactate Scout lactate analyzers, Cosmed K⁴B² system and other common lab devices.
- ❖ Advanced computing skills for Microsoft Office, Quickbooks Pro and most common applications.

COACHING & CYCLING EXPERIENCE

- Training Advisor, *Richmond Pro Cycling Team*, 2006 – present.
- Management & Coaching, *Revolution Cycles U-23 Development Team*, 2007.
- Producer and Host, *ESP I Power Podcast*, 2007 – present.
- Owner, *Tradewind Sports*, Health & Performance Services and Products Company, 2005 – present.
- Rental Fleet Manager, *Best Buddies Challenge Events*, 2006 – present.
- Race Director, *Corner Cycle Coonamessett Eco Cross*, 2003 – present.
- Master Level Coach, *The Peaks Coaching Group*, 2004 – 2006
- Team Director, *Coast to Coast-Stelvio TEAMWEAR Junior Cycling Team*, 2004
 - **1st Overall Crank Bros. U.S. Cyclocross Super Cup**
 - 2nd Stage 6 Tour de l’Abitibi (Quebec)
 - 4th Stage 2 M. Donnelly Junior Tour (Ireland)
 - 8th Team Overall M. Donnelly Junior Tour (Ireland)
 - 10th Team Overall Tour de l’Abitibi (Quebec)
 - 10 wins in 2004, 30 top 5’s and 30+ top 10’s
 - **Junior Cyclocross Worlds team member**
 - New England’s Top ranked Junior Team
 - New England’s Top ranked Junior
- Assistant Team Director, *Stelvio TEAMWEAR-Orbis Properties Cycling Team*, 2004
- Race Director, *Wells Ave. Training Series*, 2003 – 2004
- Team Director, *Bici Imports-CSN-Rudy Project Cycling Team*, 2003 FBD Milk Rás
- Criterium Director, *Best Buddies HP Challenge*, 2003 – 2004



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- Team manager, *USA-Clif Bar & USA-PCT Cycling Teams*, 2001 & 2002, respectively
- Training consultant – Express inline speed skating team, 1994.
- Category 1 cyclist with 15 years, national & international racing experience
- Four-time FBD Milk Rás finisher
- Five-time Empire State Games medalist

TEACHING & RESEARCH EXPERIENCE

- Over **1000 hours** of exercise testing experience.
- Technical Consultant, *ICFD occupational study*, June 2002.
- Faculty Supervisor, *Robert Colbert Wellness Clinic – Ithaca College*, 2001 – 2002.
- Lab Instructor, *Physiology – Ithaca College*, 1999 – 2002.
- Lab Instructor, *Exercise Physiology – Ithaca College*, 1999 – 2001.
- CPR Instructor, *Health and Wellness – University of South Carolina*, 1998 – 1999.
- Graduate Assistant – *Carolina Care, Emergency Medicine, Dr. Robert Bartlett*, 1998 to 1999.
- Graduate Assistant – *Applied aspects of human nutrition, Dr. Roger Sargent*, Fall, 1997.
- Graduate Assistant – *Companion Health Care, Spring*, 1997.
- Research Assistant – *Dr. Tom Swensen*, 1995-1996.
- Internship – Binghamton General Hospital, Cardiac Rehabilitation, Spring, 1996.

PUBLICATIONS AND PRESENTATIONS

- Harnish, C. R., D. King, & T. C. Swensen. Effect of cycling position on oxygen uptake and preferred cadence in trained cyclists during hill climbing at various power outputs. *Euro J. Appl Phys.* 99 (4), 2007.
- Alternative Lifestyles: Bringing Green Energy Home. Harnish, C.R. In: *Falmouth Enterprise*. Enterprise Publishing: September, 2005.
- Biking the Upper Cape. Harnish, C.R. In: *Falmouth Enterprise InSeason*. Enterprise Publishing: May, 2005.
- Swim Your Way to Fitness & Health. Harnish, C.R. In: *Falmouth Enterprise Head to Toe Insert*. Enterprise Publishing: February, 2005.
- Bicycling: Harnish, C.R. & Swensen, T.C. In: *Sports and Recreational Activities*, D. Mood, F. F. Musker, & J.E. Rink. (Ed.). St. Louis: Mosby, 2002.
- Consultant: Swensen, T.C. In: *Sports and Recreational Activities*, D. Mood, F. F. Musker, & J.E. Rink. (Ed.). St. Louis: Mosby, 2002.
- Harnish, C, C. Butts, T. C. Swensen, and K. Brady. Effect of cycling position on economy and cadence during hill climbing at various power outputs. Thematic Presentation. *ACSM National Conference*, Baltimore, MD, 2001.
- Harnish, C.R., T.C. Swensen, & R.R. Pate. Methods for estimating the maximal lactate steady state in trained cyclists. *Med. Sci. Sports Exerc.* 33 (5), 2001.
- Harnish, C. R., T. C. Swensen, C. Butts, and K. Brady. Effect of cycling position on economy and cadence during hill



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climbing at various power outputs. Thematic Presentation. *ACSM Mid-Atlantic Regional Conference*, Split Rock, PA, 2000.

- Harnish, C.R., T.C. Swensen, & R.R. Pate. Methods for estimating the maximal lactate steady state in trained cyclists. Free Communication. *ACSM Annual Meeting*, Indianapolis, IN, 2000.
- Harnish, C.R., T.C. Swensen, & R.R. Pate. Methods for estimating the maximal lactate steady state in trained cyclists. Free Communication. *ACSM Mid-Atlantic Regional Conference*, Ithaca, NY, 1999.
- Swensen, T. C., C. R. Harnish, L. Beitman, & B. Keller. Non-invasive estimation of the maximal lactate steady state in trained cyclists. *Med. Sci. Sports Exerc.* 31 (5):742-746, 1999.
- Rogan, T.J., R. Sargent, S. Corwin, & C.R. Harnish. An assessment of diet quality and factors that influence adolescent food intake behaviors. *APHA 125th Annual Meeting and Exposition*, Indianapolis, IN, Nov 9-13, 1997.
- Barnes, B., R. Sargent, W. Drane, S. Corwin, R. Valois, C.R. Harnish, & S.H. Thompson. Differences in eating behaviors, dieting behaviors, and body size perceptions among 4th, 9th, and 12th grade public school students. *APHA 125th Annual Meeting and Exposition*, Indianapolis, IN, Nov 9-13, 1997.
- Harnish, C.R., T.C. Swensen, L. Beitman, & B. Keller. Non-invasive estimation of the maximal lactate steady state in trained cyclists. Free Communication. *ACSM National Conference*, Denver, CO, 1997.
- Keller, B.K., M.T. Jones, J.A. Sigg, C.R. Harnish, & J.A. Ferriss. Prediction of submaximal VO₂ in collegiate oarsmen using discontinuous and continuous rowing ergometer protocols. *Med. Sci. Sports Exerc.* 27(5):s23, 1995.
- Sigg, J.A., B.K. Keller, M.T. Jones, C.R. Harnish, & J.A. Ferriss. Rowing mechanics of pre-season collegiate light weight crew during VO_{2max} test. *Med. Sci. Sports Exerc.* 27(5):s92, 1995.

EDUCATIONAL HONORS

- ◆ Cum Laude, Ithaca College, 1996.
- ◆ Arkell Hall Scholarship, 1993 – 1996.
- ◆ Emerson Scholarship, 1993 – 1996.
- ◆ Dana Internship, 1994.
- ◆ Oracle Society of Ithaca College, 1993.

MISCELLANEOUS EXPERIENCE

- Freelance Writer, *Active.com*, 2006 – present.
- Freelance Writer, *Falmouth Enterprise*, 2005 – present.
- Founding Member, *Cape Cod Chapter of MassBike*, 2005.
- Director & Board Chair, *People Cycle, Inc.*, 2001 – 2005.